



HOW TO MANAGE TIME IN COLLEGE

February 26, 2010 by [Jay Eisen](#)

Filed under [Campus](#)

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Balancing Stressless and Organized Day-to-Day Schedules

By **CAITLYN FIEBER**

Staff Writer



Often wonder how you can manage your time? Many people have trouble balancing their day-to-day schedules. Sometimes it can lead to stress when you are not organized and do not have a special regimen that you use to make sure you are on time for everything and still have time for yourself to do what you want.

Take a student such as Jessica Levinson, junior. She is a well-rounded student and is always involving herself in school-affiliated activities. She gets frustrated when her schedule is not planned out. How does she manage her time? After asking her she responded by saying, "I write out a schedule for the day. I'm very O.C.D. like that." For her, it is all about the planning out ahead of time that gets her through her day. She said it works for her and that way she knows what she has to do and that way she does not have to worry about forgetting to be somewhere or do something.

Another student, Joshua Kerner, junior, often struggles to manage his time and has recently found out a way that works for him in order to stay on track. "I find my cell phone calendar very useful. Whenever I have an appointment or event to go to I put it right in my cell phone calendar and this way my cell phone will alert me in advance when I need to be somewhere," he said.

One student who seems to have a very unique way of keeping track of his schedule is Mitchell Hassman, junior. He does not like to be late to anything and it makes him annoyed when other people are late. "I try to avoid going places I know I will be distracted and forget what I have to do and where I have to be at certain times like going to a friends house when I know I have to be

at school for a test in an hour,” he said. He wants people to know that it helps not to be tempted to do things that are unnecessary when you have more important things to do.

There are many different ways you can manage your time. But the most important thing to remember is to make sure you find away to avoid being late and also making sure you are creating realistic expectations for yourself. Do not try and overload yourself with more events and chores than you need to because you will find yourself overwhelmed and stressed out.

ONCE A KNIGHT, ALWAYS A KNIGHT

February 26, 2010 by [Jay Eisen](#)

Filed under [Alumni](#), [Profiles](#)

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Nine Years Later Powell is Still Proud of His Experience

By JORDAN ANGEL

Staff Writer



Taylor Powell, a 31-year-old who resides in Miami, is a 2001 graduate of Lynn. After graduating nine years ago it was interesting to hear how Lynn has changed and how he remembers the university.

“Lynn has changed dramatically since I attended there and it’s fascinating to see all of the changes,” Powell states about the new tennis courts and the new dorm building E.M.L.

When Powell graduated, he stated that Lynn was completely different. “I think Lynn in 2001 is still what Lynn embodies today, we liked to go to the beach and to athletic events, but my favorite event was studying abroad in Germany.”

Since graduation Powell has worn many hats. “I’ve been the captain of a deep sea fishing boat, an internet commercial salesman and also self-employed,” he said. “I am a very well-rounded person for attending Lynn which prepared me for the workforce and prepared me to be flexible.” Powell went on to say, “If I had to do it all over again Lynn would still be my number one choice, and I don’t regret anything about my experience there.”

BRINGING LIFE TO THE RESIDENCE HALLS

February 26, 2010 by [Jay Eisen](#)

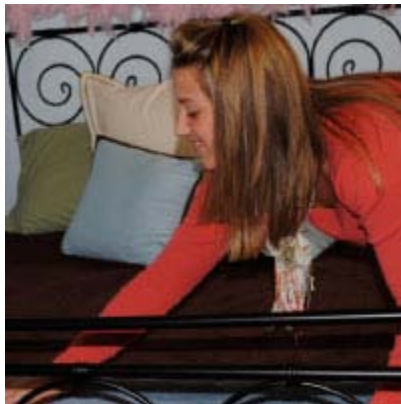
Filed under [Campus](#)

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Add a Little Color to Any Room in the Drab of a February Winter

By BARBARA SCHWENK

Staff Writer



Luckily South Florida is a beautiful place even in the winter, but there are many simple design changes that students can try to make each season pop. With spring right around the corner it is time to bring life into the home or dorm.

A plant makes such a difference in any room, big or small. It is so easy to go to the local grocery store or even Target to pick up a potted plant. However, plants are not the best answer for everyone. “I really don’t like to have flowers inside, I have allergies,” said Jacqueline Orcutt, senior. Now colorful flowers are nice, but even a rectangular container of green wheat grass makes a beautiful statement.

Another quick fix for spring would be bringing in light or pastel colors. Changing towels in the bathroom or window curtains will convey a fresh feel. “An idea I have heard of is white sheers,” said Lacey Johnson, freshman.

Wall hangings with the same light pastel colors bring the whole room together. Dried flowers are great to pin up on the wall for they bring a more natural feel indoors while some also give off a nice fragrance.

Smell is a very important attribute in a room for it creates a warm and inviting atmosphere. “My favorite changes were the candles because they added ambiance and the picture frames because they give meaning and brighten the room,” said Brianna Cavataio, senior. Fresh scented candles can make a dramatic difference to the feel of a room.

Pillows and throw blankets are the perfect way to change the feel of a room to complement any season. For spring, yellow, green, blue and pink are great colors that will liven up the bed or

couch. One large pillow and two smaller ones that complement each other look great as well.



KAT SPRAYS PERPER PLAZA WITH ART

February 26, 2010 by [Jay Eisen](#)

Filed under [Campus](#), [Featured](#)

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Students Energetically Crowded Around Spray Can Artists

By **BRITTANY KLONTZ**

Staff Writer



KAT recently sponsored a Spray Can Artists event at the Perper Plaza where two artists sculpted unique 5×7 paintings.

“They have been to campus before and they are always a hit with students so it was something we really wanted to bring back,” said KAT President Zack Welsh, sophomore. One of the first people in line for this event was Christian Manzano. After receiving his finished piece of art, Manzano exclaimed “I am amazed that he created this modern painting in only seven minutes, it was very interesting to watch.”

Students were provided with a choice of receiving paintings with ocean views, city scrapes, nature scapes or space scapes. If the student was indecisive, they could also have the artist choose for them. “I told him to do the wildest thing he’s ever done. I can’t believe what he handed to me; it is pretty sick,” said Jenna Murray, freshman.

Deborah Nabosse, freshman, who asked for a city scrape with a sunset backdrop, was also surprised by the artists creation. "I am going to hang this on my dorm room wall right next to my bed so that I can look at it all of the time," she said.

Lasting for only four hours, the spray can artists attracted much attention from students. "I was really pleased with how it went. There was always a gathering of students around them all day," said Welsh

SAFE FUN IN THE SPRING BREAK SUN

February 25, 2010 by [Jay Eisen](#)

Filed under [Best of Boca](#), [Health & Beauty](#)

[2 Comments](#)

New Wristbands Alert Sun Enthusiast of Too Much Sun Exposure

By **RENEE LANTEIGNE**

Staff Writer



With spring break just around the corner students are more eager than ever to work on their tan before the upcoming vacation. There is nothing like a week of fun in the sun; however, one's skin can take a beating in the process.

According to the National Cancer Institute, more than one million new cases of non-melanoma skin cancer were reported in 2009 alone. This is an alarming statement especially when most cases of skin cancers can be attributed simply to excessive exposure to ultraviolet radiation from the sun.

Unlike many other forms of cancer, skin cancer is exceedingly preventable. Simply limiting exposure to the harmful sun rays is the best way to avoid skin cancer. For all of those sun lovers, applying sunscreen regularly while enduring the sun is the best alternative when spending time outside.

Some people are more sensitive to the sun than others. Things to remember when evaluating skins sensitivity include: moles or freckles, skin type, family history and medications that may affect your reaction with the sun. "I did not start using sunscreen until I was older and I really wish I had used it when I was young," said JoAnn Ruiz, staff.

Many young adults think that it can never happen to them, but the reality is that millions of people experience the devastating effects of skin cancer no matter the age. “I have been affected personally with skin scares and have not even graduated college yet,” said Katie Black, senior. “You are never too young to experience the damaging effects of the sun and even if you do not feel the effects now, they will eventually catch up with you.”

With awareness of skin cancer increasingly present, companies have decided to capitalize on the opportunity by developing wristbands that monitor exposure to ultraviolet rays. The wristband is designed to change color when skin has been exposed to the sun for too long. Some wristbands are sophisticated enough to indicate when it is time to reapply sunscreen. The cost of wearing a simple wristband is beneficial to all who enjoy having fun in the sun.

LYNN SPONSORED TRIP TO DISNEY

February 25, 2010 by [Jennifer Rodrigues](#)

Filed under [Best of Boca](#), [Entertainment](#)

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Students Spent a Magical Valentines Weekend in Orlando

By **JEN RODRIGUES**

Staff Writer

Over President’s Day weekend, a group of Lynn University students took advantage of an Office of Student Involvement trip and spent the long weekend in Walt Disney World.



Charlie Phillips and Wendy Crowell have a laugh with Eeyore.

The OSI sponsored trip gave Lynn students the chance to spend three days and two nights inside the Walt Disney World Resort in Orlando. For the price of \$299, students received transportation to and from Orlando, two nights at Disney's Coronado Springs Resort and a three-day park hopper pass for all four of Disney's parks. To receive the same package without the Lynn deal, it would cost almost \$1,600. The trip was chaperoned by Office of Student Involvement Coordinators, Mike Scott and Annie Weaver, as well as Morayma James, director of Multicultural Affairs.

This annual trip left early in the morning on Saturday, Feb. 13 and the students were in Disney by 10 a.m. They then had three days to take in all that Disney World has to offer. Their park hopper passes allowed students to travel between the Magic Kingdom, Epcot, Disney's Hollywood Studios and Disney's Animal Kingdom at their own pace.

Disney had so much to offer the students. Some chose to tackle the extreme rides such as Expedition Everest and Rock 'n' Rollercoaster. Other chose a more relaxed environment and took in the many shows offered at the various parks. No matter what they decided to do, the students had a magical weekend at the Walt Disney World Resort.

MIZNER PARK HOSTS ART FESTIVAL

February 25, 2010 by [Jay Eisen](#)
Filed under [Best of Boca](#)

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Student Captures the Aesthetics of Sculpture Through Photographic Lense



THE LIQUIDATION OF ALBERTSONS

February 25, 2010 by [Jay Eisen](#)

Filed under [Best of Boca](#), [Food](#)

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Top Grossing Grocery Store Closes Due to Tough Economic Environment

By **SEAN MOSCYNski**

Staff Writer



More than 400 individuals could be heading to the unemployment lines soon as employees of eight Albertsons Grocery Stores were notified that their stores would be shutting down, sending inventory into liquidation sales. Five of the stores are located in South Florida, four in West Palm Beach alone; Boca Raton, Delray Beach, Lake Worth and Loxahatchee.

Some sales include up to 75% off on many products. For students on a tight budget, or for those who love deals, this is an opportunity. “You can’t beat sales like this,” said Derek Brubaker, senior. “A month’s worth of groceries for the price of a week’s worth is just too good of a steal.” “It’s the deal of the year,” said Andrew Fenton, senior and loyal Albertsons shopper.

“Unfortunately, a lot of good people will be losing their jobs.” As consumers continue to watch their spending, and unemployment numbers sticking to around 10%, the exact numbers were 9.7% in January, expect to see similar events occur at locations other than Albertsons.

Albertsons, one of the nation’s top grocery chains, has had many problems in the unpredictable American economy. This has been especially evident here in Florida where rival Publix Super Markets has dominated the grocery store marketplace.

LYNN SPONSORED TRIP TO DISNEY

February 24, 2010 by [Jennifer Rodrigues](#)

Filed under [Featured](#)

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Students Spent a Magical Valentines Weekend in Orlando

By **JEN RODRIGUES**

Staff Writer



Charlie Phillips at Animal Kingdom

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HIT THE BEACH WITHOUT A BURN

February 24, 2010 by [Jennifer Rodrigues](#)

Filed under [Campus](#), [Health & Beauty](#)

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Some Important Safety Tips For Students Who Enjoy Relaxing in the Sun

By **JEN RODRIGUES**

Staff Writer

One of the best parts about spring break in Florida is hitting the beach. Before hitting the waves and working on a tan, there are a few things that students need to know to stay safe by the water.

While at the beach, there are many things to look out for if students are planning to go in the water. Beaches display information about the water such as temperature and possible rip currents. On the way to the sand, take two minutes to look at this information. It will help students decide how to act in the water.

There will also be information on if it's a good time for surfing, skim boarding, and other activities.

Students need to look out for at the beach is wildlife. There have been many stories in the news lately about shark attacks. It's very important for swimmers to pay attention to what lifeguards are saying, especially when it involves potential sharks. If a lifeguard calls for swimmers to clear the water, everyone needs to get out of the water.

If students prefer to stay dry while at the beach by sitting in the sand, working on their tan, there are still a few safety rules to pay attention to. First and foremost, use sunscreen. It is recommended that sunscreen with at least 15 SPF is used when at the beach, if not higher.

Also, since there are no classes to interrupt valuable beach time, students will probably be spending almost entire days by the water. It is a smart idea to stay hydrated and bring water or juices to the beach. The sun can take a lot out of a person, even just by sitting in it.

By following these few simple rules, everyone will have a fun and safe time at the beach this spring break

SAFETY ABROAD FOR SPRING BREAK

February 24, 2010 by [Jennifer Rodrigues](#)

Filed under [Politics](#)

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While on International Trips for Break, Students Need to Keep Their Cool

By **JEN RODRIGUES**

Staff Writer

Many Lynn students will be taking advantage of the week long spring break by traveling to exciting vacation spots. Whether they are traveling throughout the U.S. or traveling internationally, there are many safety tips all students should take advantage of this break.



Lynn University students stay safe while traveling abroad to New Zealand and Costa Rica.
Photos/J.Rodrigues Top Photo S. Wenzel.

Five College Risk Management, an administrative program that provides risk management to many private universities, has many safety tips for students who decided to travel to places they do not know much about. Before students leave for their trip, they should give a travel itinerary to family and friends. Contact should also be maintained throughout the trip so there are no worries back home. If students decide to travel internationally, it might be a good idea to make copies of passports, credit cards and make sure to take down the number of the nearest U.S.

Embassy. By taking these precautions, students can be prepared if they need government assistance.

There are also a few important tips to remember when it comes to medical needs while travelling. If a student has any kind of medical condition, they need to remember to bring any identification cards, tags or instructions on what to do in case of an emergency. A first-aid kit is also a smart item to pack in a suitcase. Also, when it comes to spring break, sunscreen is a must. When it comes to money and traveling, it is suggested that money is separated into two packs. Each pack should contain both cash and a credit card. One of these packs should then be left in a safe location and the other carried on-person. This way, if something does happen, students are not left without any funds.

Once students have arrived at their vacation destinations, there are still a few safety tips to follow. Before leaving for the day or nights activities, make sure everyone in the group knows where they are going. It is never a good idea, however, to travel alone in an unknown area. If splitting up for a time, make sure to use the “buddy system.” Traveling with at least one other person will make travelers less of a target. It is also a good idea to learn a little bit about the local surroundings. Hotel reception or concierge areas can tell travelers what areas to avoid.

As long as students take advantage of travel advice and use their common sense while traveling, they should have an enjoyable and safe spring break trip.

SPRING BREAK IN SOUTH FLORIDA

February 24, 2010 by [Jennifer Rodrigues](#)
Filed under [Best of Boca](#), [Lifestyle](#)

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Ways for Students To Take Advantage of Living in the Capital of Spring Break

By **JEN RODRIGUES**
Staff Writer

Since the country is in a recession, many college students will be saving money and driving to the best spring break location in the country. That would be south Florida, where Lynn University happens to be located. Why leave for the week, when students live where the action is. There is so much right here in south Florida for Lynn students to take advantage of.

First and foremost is South Beach, in Miami. This paradise on the Florida coast is always a fun place to spend spring break. Just a short 45 minute drive from Boca, students can enjoy a day on the beautiful beaches or do some shopping in the city. For those looking for great nightlife, there are not many places better than South Beach.



Take a trip to South Beach. Photo J.Rodrigues

For those students really itching to get away from Boca, Panama City Beach, is quickly becoming the Floridian home of spring break. Its popularity grew when MTV decided to host their annual spring break festivities in the west Florida coast city last year. The city quickly became the place to be for college students. If Lynn students were interested in getting away from campus for less, students can easily drive or take an Amtrak train. Panama City is more than ready for another great spring break season and should not be missed.

Those students searching for a fun and relaxing get away should look no further than the Florida Keys. Key West is a great spring break option for those looking to relax. The island is only about a four hour drive from campus. Key West gives students the feel of a relaxed Caribbean island and offers the same amount of fun. Vendors are all along the beaches selling food and renting water sport equipment. Key West also has a very unique nightlife scene.

For those students who want to have an enjoyable spring break, but are not ready to travel to a spring break destination, travel around Boca and the surrounding beaches. There are a lot of interesting things to do in the cities of south Florida; all it takes is a little digging. For college students on a budget, Lynn has half the battle won, living in the home of spring break.

HAVE A SAFE SPRING BREAK

February 24, 2010 by [Jennifer Rodrigues](#)

Filed under [Campus](#), [Featured](#)

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Counseling Center Hosts Safe Spring Break Carnival

By **JEN RODRIGUES**
Staff Writer



Lynn students test their driving skills with Lynn Security golf carts.

Lynn's annual Safe Spring Break Carnival, will take place on the Perper Plaza Lawn today from 11 a.m. to 1:30 p.m.

The carnival, which started in spring 2006, is the brain child of Gail DeCina, substance abuse prevention and treatment specialist, and the rest of the staff of Lynn University's Counseling Center. "We wanted to put on an educational event in the spring, before spring break, that would be a fun atmosphere, but still educate students," said DeCina. The goal of the carnival is to raise awareness for students about how to be safe over spring break. This stretches across the board with safety tips for everything from alcohol and drugs to sunscreen and Facebook.

This is one of the campus' biggest events, and the Counseling Center does not work alone. According to DeCina, "We also wanted to create an event that would bring students, faculty and staff together." They got just that. Each of the booths, games and information stations at the carnival are run by a different student organization, department of campus or campus faculty or staff member. Each booth features a fun and interactive activity, which will teach and promote safety during typical college spring break activities.

For this year's carnival, there will be some traditions returning, as well as some new ones being created. Lynn Security will be hosting the DUI obstacle course with a golf cart and beer goggles. Field sobriety tests will be given by Florida Highway Patrol. There will be a virtual reality driving program, simulating a drunk driving crash. Sex games will be hosted by Lynn's Women Center. Tri-Sigma will be providing mocktails, while the Law and Justice club is providing a dunk tank with a twist. Hillel will be tie-dyeing shirts, while some great peer educators administer the Safe Spring Break Pledge. Lynn's Gay Straight Alliance, Residence Hall Association and Relay for Life will also be getting in on the carnival fun.

Finally, this year's carnival will have the honor of hosting Renee Napier. The mother of a young college student who was killed in a drunk driving accident, she has previously been at Lynn University for National Colligate Alcohol Awareness week, where she told her story. For this visit, Napier will be bringing the crushed car that her daughter was in during the fatal accident, hoping to drive the message home to students not to drink a drive.

But drinking and driving is just a small part of safety for spring break. "It's just about students making good and responsible decisions and for them to be smart and healthy," said DeCina.

There are many practices being promoted at this year's carnival including being aware of country laws when traveling, not mixing alcohol with other drugs, holding on to drinks and being aware of what is around you. Students should take advantage of the valuable information offered by this year's carnival and stay safe this spring break.

TIME TO GET MULTICULTURAL

February 23, 2010 by [Kerri Salter](#)

Filed under [Campus](#), [Featured](#)

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Spring Semester Brings Another Successful Multicultural Day

By **RENEE LANTEIGNE**

Staff Writer

Lynn University recently celebrated the international student body with Lynn's annual Multicultural Day.

Students, staff and faculty came together to recognize the diverse community that is comprised of nearly 25 percent of international students. Multicultural Day allows people to experience the cultures of fellow peers by indulging in local foods, music and entertainment.



Students and staff have fun at multicultural day by dancing, singing, and eating different kinds of food. Photo/ Mike Slavin

Foods from seven different regions of the world were represented in one action packed afternoon including: North America, Central America, South America, Europe, Asia, England/Ireland and

Africa the Middle East. International flags, music and art were also on display for each of the countries and regions involved.

Students look forward to Multicultural Day each year. “It allows people to try new things that most will never have the chance to,” said Keeley Mulvihill, senior. “Whether it is new foods or dancing, each year is a great experience.”

Multicultural Day’s main purpose is to provide a world showcase for the entire community. This showcase provided Lynn University’s international students in the International Affairs Society the opportunity to dress in native clothes and represent their home country at tables and booths around the Perper Plaza.

“In my time at Lynn, I have witness some great multicultural days,” said Lauren Elliott, graduate student. This day allows for students to gain respect and value for each other’s nationalities, developing a true understanding of what other areas of the world are like. The great event serves as an enriching experience for everyone involved. Lynn University looks forward to many more multicultural days to come.

SUPER SHOPPING WITH SWOZZIES

February 23, 2010 by [Kelley Lynskey](#)
Filed under [Best of Boca](#), [Lifestyle](#)

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Student Shares Her Spectacular and Satisfying Shopping Experience

By **KELLEY LYNSKEY**
Staff Writer



Swozzies unique merchandise. Photo/ Lynskey

Are you planning a special celebration or looking for that perfect gift for that someone special? Well you're in luck because I have just the place for you. Swoozie's is a unique and innovative gift store for women of all ages.

The shop provides its customers with an enjoyable shopping experience. From the moment you enter the store you cannot help but be taken in by the fun and flashy atmosphere the shop gives off. The wide range of bright colored accessories, cheeky knick-knacks, cheerful stationary and invitations gives its customers many enjoyable reasons to celebrate or just to shop.

"I just love Swoozies," said Kelly Hui, sophomore. "It's the perfect place to find dorm decorations or those last minute gifts, and the prices really fit my college student budget."

My personal favorite items in the store were the numerous sweet treats straight from famous New York City candy company Dylan's Candy Bar. It reminds me of being in the big city, and satisfies my sweet tooth at the same time.

Whether one is planning your best friend's birthday party or looking for that special gift, Swoozie's has what it takes to make your celebration memorable. For more store and order information visit the stores Web site at www.swoozies.com.

JERSEY SHORE TO MIAMI SHORE

February 23, 2010 by [Kerri Salter](#)
Filed under [Entertainment](#)

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MTV'S Amazing Reality Show Jersey Shore Moves the Drama to South Beach

By **MERI GERASIMOVSKA**
Staff Writer

How on Earth did Snooki become a household name, and The Situation, not just a state of being? Simple – MTV has once again blessed viewers with a lack of music videos, and instead chose to portray the intriguing life of eight “guidos” and “guidettes” during their summer vacation at the New Jersey Shore. The reality television show, premiering on Dec. 3, 2009, bombarded the entertainment news over night. Everyone from E! News to the Daily Show was talking about the cast members of Jersey Shore, especially about the, now infamous, scene of Snooki being punched by a man at a bar.

The show was nothing short of addictive, watch one episode and quitting is not an option. The cast had truly outdone themselves – drama, fights, drinking, jail – anything that sells on television one could find at 10 p.m. on MTV, every Thursday night.

Just as the hype died down shortly after the finale of the show on Dec. 21, leaking news of a Jersey Shore 2 reemerged. Suddenly, the big question was not whether the show would return, rather where the sequel would take place.

As of recent news, most likely the show will be filming in South Beach. An exact location is currently unknown, but the controversy over which hotel would be the cast's home is already escalating; some would do anything to host the Jersey members, while others are steering clear of anything to do with the show.

According to the Miami Herald, South Beach's Mynt Lounge rejected an inquiry from a Jersey Shore location scout, citing the show's treatment of women and Italian Americans. "Miami Beach takes pride in the years it took to establish an upscale tourist attraction, and bringing this show to town would lessen that image," said Romain Zago, owner of Mynt Lounge. On the other hand, Mike Palma, general manager at The Clevelander hotel, located on Ocean Drive, recognizes the extreme exposure the show can bring to the hotel, saying, "We're trying to convince them why it's better to do it here."

Nevertheless, wherever the Italian-American's decide to stay in warm south Florida, they will most definitely stir up controversy. No doubt, viewers will be entertained, and locals certainly left with interesting memories

SCORING ON THE FLOOR WITH HALL

February 23, 2010 by [Kerri Salter](#)
Filed under [Athletics](#), [Campus](#)

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Chris Hall Breaks Lynn's All Time Basketball Score by Sixteen Points

By **LACY REDWINE**
Staff Writer

Lynn University junior guard, Chris Hall, set the men's basketball All-Time High Scoring record on Feb. 6 against conference opponent University of Tampa.

In his two and a half years at Lynn, Hall has scored a total of 1,422 points, beating James Taylor's previous record of 1,406. Hall began playing at the young age of five and has not stopped since.

The atmosphere of south Florida is what led Hall to choose Lynn University. "The fact that everyone is so easy going and so easy to get along with" really made it easy for Hall to select Lynn as his college of choice. When choosing a university, it was important for Hall to get to know the coaches he was going to be playing for as well. "The coaches made me feel like I was at home and comfortable," states Hall.

When discussing his recent accomplishment, Hall states that “being the new all-time high scorer for Lynn made me realize that everything that I’ve worked hard for that’s lead me to this point, paid off.” Becoming the new record holder illustrates the strength and stability he brings to the team.

Hall has been an incredible asset to the men’s basketball team by bringing passion, desire and heart. Such qualities enable him to be the player he is today. “My goal is to win a championship which is what this program is all about,” states Hall. His time at Lynn will soon be over, but he dream to play basketball does not end here. He set the bar high and plans to pursue his dreams after his time at Lynn. “I would love to play overseas somewhere making good money because that’s been my dream ever since I was a little kid,” states Hall.

APPLE'S NEW TOY IS CAUSING A "PAD"

February 22, 2010 by [Jay Eisen](#)

Filed under [Technology](#)

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The iPad, Apple's Latest Product, is the Way of the Future

By **MICHAEL PALIOTTA**

Staff Writer



The iPad is Apples newest piece of technology, which is more than a cell phone but less than a computer. This device has created an entirely new niche in the computer market.

"This could completely replace my computer, it would be so convenient to bring to class and take notes on," said Kristin Metzler, junior.

The iPad has a 9.7-inch LED display, is only 0.5 inches thick and weighs 1.5 pounds. This tool is capable of running 140,000 applications ranging from Facebook to games. Using the iPad it is easy to browse the Internet, send e-mails, share photos and videos, access music and games and read eBooks and newspapers.

The iPad has no keyboard. The entire device is touch screen. “I’m horrible with technology, but this actually seems like something I could use and enjoy,” said Jason Dorf, junior.

The iPad is capable of doing almost anything a regular computer can do, but it brings those resources into a portable format that can easily be taken anywhere. Apple is calling the iPad their most advanced piece of technology and will go on sale in March starting at \$500. “For only \$500 it seems to do a lot,” said Sam Duso, junior.

EVERYONE’S A LITTLE BIT “PSYCHO”

February 22, 2010 by [Jay Eisen](#)

Filed under [Entertainment](#)

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A Student’s Perspective on the Alfred Hitchcock Classic.

By **MATT FISCHER**

Staff Writer



A scary insight into a psychos life. Photo/ M. Fisher.

In 1960, Alfred Hitchcock released the thriller masterpiece “Psycho.” A movie filmed on a small budget for the times \$806,947, Psycho has since raked in more than 30 million dollars.

The movie’s plot was simple enough: a woman named Marion Crane (portrayed by the wonderful Janet Leigh) steals \$40,000 from her boss and goes on the run. She eventually arrives at the Bates motel, where the keeper, Norman Bates (Anthony Perkins) lives with his mother. Events ensue, a lot of people die, and a larger mystery is uncovered.

All of the actors had fairly decent careers after this film, but the standout will always be Anthony Perkins as Norman Bates. Perkins would become synonymous with the character in later years

and even appeared again in the three sequels. Norman is a quiet reserved man and after the first death, we end up rooting for him until the mind boggling conclusion.

The only other two “names” from the film were Janet Leigh and Vera Miles as Marion’s sister Lyla. Janet Leigh became a scream queen (and never took a shower again). Vera Miles was always in demand until 1995 when she retired.

The most memorable thing about the movie would have to be the iconic shower scene. More than just terrifying, it stands as the holy grail of scene editing for film makers (more than 70 cuts are used for this one scene).

The music was composed by Bernard Herrmann. If one listens closely, the score is entirely composed of violins.

COLORFUL ADVICE FOR ANY DORM

February 22, 2010 by [Barbara Schwenk](#)

Filed under [Lifestyle](#)

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Inexpensive Ways Students Can Brighten Their Home Away From Home

By BARBARA SCHWENK
Staff Writer



Living in a dorm can be extremely hard and a drab room often makes it worse. A new look will make one feel happy and relaxed. “I am tired of coming into a room that does not feel like home,” said Jacqueline Orcutt, senior. One can spice up their dorm room for just under \$50.

Colorful pillows and throw blankets are inexpensive and bring life to any dreary space. For just \$19.99 Target sells vibrant blankets in a variety of colors that would complement any motif. Wal-Mart also carries decorative pillows with fun prints ranging from \$10 to \$13.

A rug makes a huge difference in an area as it brings comfort and life to the floor. Rugs can be expensive, but Wal-Mart has 30 X 46 inch rugs for \$19.96. "I added a small rug in front of my bed and it made such a difference. When I wake up it is so nice not to feel cold tile," said Brianna Cavataio, senior. A quick tip about rugs is if the color is too bold or dark it can take away from the room.

These three items are a perfect fix for any room and will surely be pleasing. "I really want to try these tips," said Tracy DiGioia, senior. "I am so tired of my room."

Before committing to a product, it is recommended to look around at a variety of stores, including Home Goods, TJ Max and Ikea.

OBAMA OFFERS LOAN FORGIVENESS

February 22, 2010 by [Ryan Brooks](#)
Filed under [Politics](#)

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Some Highlights of this Year's State of the Union Speech

By RYAN BROOKS
Staff Writer



With the cost of college tuition on the rise around the country more students than ever are finding it difficult to finance their college education. In fact, more than 62 percent of Lynn University students receive some form of financial aid; a statistic that may be hard to believe.

In President Barrack Obama's first State of the Union address of 2010 he said to the American people "a high school diploma no longer guarantees a good job."

By making a college education more affordable for more families it will help stimulate a suffering global economy by increasing the number of Americans with college degrees.

President Obama continued his State of the Union Address by saying that when students graduate "they will be required to pay only ten percent of their income on student loans, and all of their debt will be forgiven after twenty years – and forgiven after ten years if they choose a career in public service."

For students all across the country a Bill that will, in theory, wipe a student's financial slate clean is incredible.



"The opportunities this is going to create for students and families across the country is pretty amazing. I hope that future Administrations will continue to support Obama's plan" said Renee Lanteigne, senior.

President Obama also said "in the United States of America, no one should go broke because they chose to go to college."

If a student could go to college, get a decent job and not have to worry about repaying student loans 20 years post-graduation; it will provide an opportunity for greater economic growth. Americans will have more money to spend on gas, at the market and even on their families.

Lastly, President Obama made a call to colleges and universities across the country. He said "and it's time for colleges and universities to get serious about cutting their own costs – because they too have a responsibility to help solve this problem."

RESTAURANT CATCHES ATTENTION

February 22, 2010 by [Jay Eisen](#)
Filed under [Best of Boca](#), [Food](#)

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New Masterpieces are Created by Chef Bruno Silva at LOLA

By SAMANTHA NOAH
Staff Writer



New Masterpieces Are Created by Chef Bruno Silva at LOLA

LOLA (Love Often, Laugh A lot) is a new and upcoming restaurant located off Jog Road on the Boca/Delray boarder. Wendy Rosano owns the restaurant, while Chef Bruno Silva creates the masterpieces.

LOLA stands out because of its bright lights that decorate the entire perimeter of the restaurant. “Every time I pass it, I can’t help but notice the beautiful decorations,” said Caitlyn Fieber. “It really stands out on the road.”

The bright lights draw one in, but the atmosphere leaves guests wanting more. The food and drink selection varies, and there is something for everyone. The restaurant is unique because it offers the public the option of dining inside or outside. The inside is appealing because of the live band and dance floor. The outside is appealing for the fire pit. Both the inside and outside have bar locations as well.

The menu has all different choices for people to choose from, including separate menus for lunch and dinner. Some favorites are the Ahi Tuna Tartar and the flat breads. The menu ranges from portion size to prices as well.

“I’ve never had a bad meal there. The food is great, and the atmosphere is even better,” said Michael Paliotta. Another great option featured at LOLA is the valet car service, which adds to the high-class component portrayed at the restaurant.

The overall mood of LOLA is exceptional as well. The lights include different colors and tints, which really help to set the relaxed mood for the time. “I love going there at night for the fun mood. The food is great and the mood really adds to the experience,” said Joshua Kerner.

NORWEGIAN NATIVE APPRECIATES AMERICAN SOCIETY

February 22, 2010 by [Kerri Salter](#)
Filed under [Featured](#), [Politics](#), [Profiles](#)

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There is Nowhere That Matches Norway’s Austere and Natural Beauty

By MELANIE MARUSIC
Contributing Writer



Above: Seltz poses with her American boyfriend while showing him all that Norway has to offer. Photo/N. Seltz.

When Nicole Seltz, junior from Norway, first came to Lynn University she fell in love with its international flair and the small community. “People are much more outspoken here,” she said.

The 21-year-old student, who loves shopping and nights out in Miami, feels integrated into American society and appreciates being part of it. With visits to Disney World, New York City, Rhode Island and Boston, Seltz has seen quite a few places. However, “San Francisco and Tokyo still need to be explored,” she said. “And I am sure there are a lot of other places that I will travel to in the future.”

There are still times when Seltz feels homesick. “I miss taking my dog for a walk and sitting on a bus taking me to the city of Oslo,” said Seltz. “And it is tough for my parents, since I am their only child and so far away from home.”

The young Norwegian describes herself as fun, open-minded and outgoing and has already made plans for post graduation. After obtaining her B.A. in Business Administration, Seltz aspires to

go to graduate school in Switzerland or in the United States. "That still seems so far away to me," she said.

When Seltz flies back home to the land of the midnight sun, Smørrebrød and King Harald V, she will spend plenty of time with friends and family as well as make sure her American boyfriend comes to visit again. "He loved Norway," Seltz said. "I showed him all the important sites in Oslo and he fell in love with it."

Norway is a country at a crossroads, although given Norway's natural wonders and significant wealth, it's a situation in which most countries in the world would love to find themselves.

Norway is, by any standards, one of the most beautiful countries on earth, but that beauty brings with it a responsibility that weighs heavily upon Norwegians. For here is a people with an enduring love for the natural world that is profoundly etched into the national character. In the past, this was expressed in the Norwegian tradition of isolated farmsteads that colonised the most secluded corners of the country's wilderness. Increasingly, however, the irrevocable movement of Norwegians towards the cities has altered the relationship between Norwegians and their natural world. Cities that are themselves places of great beauty, such as Bergen, Trondheim, Stavanger and Tromsø. But one thing remains unaltered. To paraphrase that prominent Norwegian, Henrik Ibsen, those who wish to understand Norwegians, must first understand Norway's magnificent but severe natural environment, for these are a people of the land, perhaps more so than any other Europeans.



Cold Mountain Lake at dusk in Skarstad, Norway.

Wilderness in Norway has become more of a leisure pursuit, an idea that Norwegians embrace, escape to and explore with great fervor. Nowhere is this more evident than in the country's national parks. These parks are shining symbols of the nation's desire to protect the environment as much as they are showpieces of Norway's peerless landscapes and otherworldly natural grace. At the same time, Norwegians worry about their impact upon the environment, over the consequences of global warming for the country's glaciers and Arctic ecosystems. Norway's contributions to this decline and the decline of wilderness the world over due to their massive oil reserves and exports is also an important consideration made.

There are also the trials of living in one of the richest countries on earth. Norwegians are burdened with a highly developed social conscience that manifests in far-reaching promises to reduce greenhouse gases, in using its astonishing oil wealth to promote ethical investment abroad

and in committing itself to a foreign-aid budget that puts most countries to shame. Where things get complicated is at home, leading to anguished national debates over rising immigration, over the incremental loss of Norway's cultural heritage and over the effects of being cosseted by what is arguably the world's most generous and enlightened welfare system. The country is also divided over whether Norway can continue to go it alone by staying outside the EU, or whether it really should play its part in building a more prosperous and united Europe.



Lakside homes in Oldenvatnet, Norway.

Norwegians are not complaining about their situation. Nonetheless, one will encounter, again and again, a people wondering about their place in the world.

Source: Lonely Planet

Some of the most lasting impressions travellers carry with them after visiting Norway include: a land of snow and ice, a bountiful coast, extreme climatic conditions and a thinly populated land. All these have been present here since the dawn of Scandinavian civilization. Indeed, the human presence in Norway was for thousands of years overshadowed by Norway's geography and climate, which have strong claims to being the most enduring personalities of Norwegian history.

During the last ice age, Norway was barely inhabitable. If Norway was less than hospitable, it was a paradise compared to northern Russia at the time. As the ice began to melt, it was from the east that the first major, lasting migration to Norway took place when, around 11,000 years ago. The Komsa, who would later become the Sami, arrived in Norway's Arctic north during this time.

As the climate warmed and Norway became increasingly habitable, migrations of the Nøstvet-Økser people of central Europe began arriving along the southern Norwegian coast. They were drawn by relatively plentiful fishing, sealing and hunting. Wild reindeer also followed the retreating ice, moving north into the still-ice-bound interior. The hunters that followed them were the first humans to traverse the Norwegian high country. Their presence was, however, restricted to itinerant, seasonal camps and there remained few human footholds in an otherwise empty land dominated by glaciers and frozen wastes.

Over the millennia that followed, settled cultures began to take root. During the later years of the Roman Empire, Rome provided Norway with fabric, iron implements and pottery. The iron tools allowed farmland to be cleared of trees, larger boats were built with the aid of iron axes and a

cooling climate saw the establishment of more permanent structures built from stone and turf. By the fifth century Norwegians had learned how to smelt their own iron from ore found in the southern Norwegian bogs. Norway's endless struggle to tame its wild landscape had begun.



EVERYONE IS A STUDENT AT FLU

February 21, 2010 by [Jay Eisen](#)

Filed under [Campus](#), [Entertainment](#), [Featured](#)

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By ANDREW RYCHALSKI
Staff Writer



The up and coming webisode series entitled “FLU” might just be the next big thing to hit Lynn University. Professors Carol Watson and Harry Murphy are leading a group of students to create Lynn’s first webisode series. So, what is a webisode? It is a short episode (3-5 minutes) screened on the web.

“This is a work in progress, and requires a lot of process,” said Prof. Murphy. “This is not just a show we want students at Lynn to follow but hopefully expand it outside of Lynn through the web as well.” Students from several other disciplines in the College of International Communication will also participate in this integrated project as photographers and web designers in the creation of a special FLU Web site. Journalism students are writing articles for Online and Print Journalism I to promote the series.

Professor Watson's Advanced Film Production class is collaborating with Professor Murphy's Acting II to launch the series. Each actor has been paired with a filmmaker to create background characterizations and monologues.

An improvisational workshop will follow to determine each character's relationship to the others. The naturalistic style will be a hybrid of drama and comedy. "The characters should feel real, like people you've met or are about to meet," said Professor Watson. "With a foundation in naturalism, then it's possible to move into other styles such as surrealism.

The series will delve into their personal lives as they go about their days and nights at FLU.

The Web site will include blogs for each character and another for the series itself. The creators hope the Lynn community will input with comments and questions and even recommendations on the direction of the plots.

Production of the first episode will be shot and completed after Spring Break. Following that episode will be four more. This FLU one should not miss.

EARLY BIRD CATCHES EARLY SHOW

February 20, 2010 by [Kelley Lynskey](#)

Filed under [Campus](#), [Entertainment](#)

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Communication Students Attend the CBS Early Show Live on South Beach

By KELLEY LYNSKEY
Staff Writer

Large crowds, TV cameras, screaming fans, and no, I'm not talking about the Super Bowl— I'm talking about The Early Show on CBS. I was fortunate enough to be able to attend the broadcast on Friday, Feb. 5 with Professor Belafonte and Bartley and other Lynn students.



Lynn students at the Early Show

Rising well before the break of dawn, we gathered at 4:30 a.m. in the morning and headed down to Miami Beach where it was going to be filmed live. My early morning grogginess was alleviated by adrenaline and, of course, a few cups of coffee.

Upon arrival we were able to see firsthand the hustle and bustle of the crew frantically assembling the set and stage, and the CBS news anchors such as Maggie Rodriguez and Julie Chen going over their lines and getting ready for the camera. Let's just say the well-organized presentation that you see on television has nothing to do with what goes on behind the scenes. It takes many people working together just to produce an hour-long show. It's what I like to call organized chaos, or actually, just chaos.

Once the crew got everything setup, it was show time. In honor of the Super Bowl there were many game-theme segments, such as a fashion show where Colts and Saints Cheerleaders modeled swimwear and a cooking segment on the perfect Super Bowl party food. There was even an interview with Colts Wide Receiver Pierre Garcon. Wrapping up the show was a performance by pop singer Justin Bieber. I was even lucky enough to have made my TV debut. Not to get carried away, but I made it on camera standing next to weatherman David Price while he was giving his forecast. The whole experience was well worth the early morning wake up call.

FLORIDA SEES ‘BOWL’ FULL OF CASH

February 19, 2010 by [Brittany Hutchinson](#)

Filed under [Best of Boca](#)

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Local Economy Acquires Substantial Profits from Super Bowl Events

By BRITTANY HUTCHINSON

Assistant Editor

After the fans have left and the media crews have rolled out, local businesses are left counting the profits they made from the estimated 120,000 visitors that are expected to have come to South Florida for the Super Bowl and the many activities it brings. According to the South Florida Super Bowl Host Committee, the average impact the big game brings to the local economy is around \$350 million. The committee also estimates that the average fan spends around \$1,500 to \$2,000 while in town.



Events that took place from Miami all the way up to Fort Lauderdale helped boost profits to the local tourist industry as South Florida hosted the Super Bowl for a record 10th time. The two-week event brought not only the Pro Bowl and the Super Bowl, but many other concerts and star-studded events as well. Events like these are a welcomed source for both the entertainment and tourist industries. Football fans and celebrities are not only looking to enjoy an action pack game during their visit, but to be entertained as well. Many restaurants and hot spots in the South Florida area enjoyed the large crowds.

As the local economy enjoys the short-term profits from the January and February events, many believe that there are long-term profits to follow. The South Florida Super Bowl Host committee believes that around 56% of the visitors that attend Super Bowl games are key decision makers at work. Seventy percent of the 56% would consider holding company meetings in that city in the future, 20% would think about expanding their operations in that city and 29% would even

consider establishing business operations there. These statistics make the idea of being a host city even more appealing for many communities, who are in the running to host future championship games.

KEEPING UP WITH RESOLUTIONS

February 18, 2010 by [Jay Eisen](#)

Filed under [Campus](#), [Health & Beauty](#), [Lifestyle](#)

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Two Months Into 2010, How Well are New Year's Resolutions Going?

By RENEE LANTEIGNE
Staff Writer



Students chase New Year's resolutions in style. Photo By Renee Lanteigne.

Each December as the year draws to an end people begin to reflect on what they will do differently for the coming New Year. Many generate resolutions: to quit smoking, reduce stress, save money or help others. Surprisingly, the most popular resolution is to get fit. Whether it is creating a daily workout regiment, losing weight or simply eating better, resolutions involving body image are typically the most popular.

People often lose track of their New Year's resolutions for many reasons. Some resolutions are unrealistic to obtain, while other people do not have the faith in themselves to achieve their goals. "This year I set a resolution that I was dedicated to keeping," said Jesse Kopp, junior. "Since the new year, I have run almost every day. I recognize that it is not always possible to fulfill my resolution, but it is something that is really important to me, and I look forward to continuing to keep my goal."

"Rather than setting a resolution that could potentially be out of reach, I decided to devote my time to living a healthier lifestyle," said Anthony Ruggiero, senior. "I don't beat myself up about accomplishing a specific goal each year."

Not everyone sets a resolution each year. "I would rather focus my attention on breaking an old habit than creating a new one," said John Colon, senior.

Here are some helpful hints for keeping a new year's resolution. First, have a plan to stick to the resolution. Second, pay attention to your progress and reward yourself when you accomplish smaller goals. Finally, always remember to keep trying. These simple tips can assist in making an impossible goal possible.

STRESSED STUDENTS TAKE A BREAK

February 18, 2010 by [Jay Eisen](#)

Filed under [Campus](#), [Health & Beauty](#), [Lifestyle](#)

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Lynn Students Speak Out About What to do When They are Stressed

By CAITLYN FIEBER
Staff Writer



People often wonder what to do when life gives one stress. It is hard to relax when one has a lot on their mind. However, after asking three Lynn students what they do for relaxation, they painted a clearer picture of what to do when stressed.

According to Michael Paliotta, junior, relaxing can be as easy as deep breathing techniques. “I meditate sometimes when I get stressed out. It really helps me to relax and takes my mind off of what’s stressing me.” He feels that meditation helps his body to relax and when he is done meditating he feels much better and he can go on with his day feeling a little less stressed.

“I like to listen to music in my room and I’ll shut off my phone and television and just listen to the music,” said Samantha Noah. “I find that it helps to shut out the world when I’m stressed because I won’t be bothered by other people.”

Senior Kevin Rebinowitz uses a unique and different technique in order to calm down. “I’ll sit back and reminisce about the good times growing up,” he said. “Sometimes I’ll just read a magazine.”

For each of the students they have learned how to deal with their stress in different ways. The best advice to give is to do what works for the individual whether it is a more spiritual type of relaxation or thinking back on the good times.

LYNN SCORES NEW COURTS

February 18, 2010 by [Jennifer Rodrigues](#)
Filed under [Athletics](#), [Campus](#), [Featured](#)

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The Community Celebrates Opening of Tennis Complex

By JEN RODRIGUES
Staff Writer



Lynn Tennis Team's at Ceremony

On Friday, Jan. 29, the Lynn University community came together to celebrate the opening of the new Perper Tennis Complex.

Faculty, staff and students came together on the courts as President Kevin Ross spoke about the hard work and dedication of the Fighting Knights tennis team, as well as the amazing facility they now have to play on. The new complex houses six brand new tennis courts for team use. There is now covered, stadium style seating for spectators as well as an electronic scoreboard. This is also the first outdoor, lighted athletic complex on campus.

President Ross opened the ceremony by explaining the features of the new complex, as well as honoring the many achievements of Lynn's seven-time national championship tennis teams. Some of those achievements include 52 All-American honors for the men's team, 82 All-American honors for the women's team and 12 Sunshine State Conference Championships between the two. Ross also honored Coach Mike Perez, who has received many honors, including the International Tennis Associations Coach of the Decade for the 1990s.

Members of the Men and Women's tennis teams were front and center throughout the ceremony. They seemed to be taking in the beauty of the new courts they now have to practice and compete on. During the ceremony, Christine Johnstone, senior, spoke on behalf of the teams saying, "We are so grateful for your generous donations."

Many of the donors who made the complex a reality were seated in the audience. Following Johnstone's remarks, Judith Nelson, vice president for development and alumni affairs, got to the podium. She also thanked the benefactors by stating that "we now have a court that matches the accomplishments of the team." Nelson then presented the donors with a unique opportunity. Each benefactor was given the opportunity to hit a ceremonial first serve of the new courts. Namesakes Harold and Mary Perper were honored with the first serve, with the help of members of the Fighting Knights tennis team. The Perpers were followed by Barbara and David Gerrits,

Keith Brown of the Burton D. Morgan Foundation, Sandy and Dick Young, the Hackett family, Jacqueline and Luis Souza, Carole and Jay Weitzman, the Eden Charitable Foundation, Mary Calvin Harrison and representatives from Pepsi Americas.

Following the ceremonies closing remarks, member of the tennis team jumped right on the courts to practice. It was obvious they are very excited about these new courts, and so are other members of Lynn's Athletic Department. Gene Prousnitzer, the men's basketball team head manager, said, "The new tennis complex looks amazing. I am sure it will help get students wanting to go to games and recruits wanting to be a part of Lynn tennis." The first ever night game for Lynn University tennis will be played tonight at 6 p.m. when the women take on Palm Beach Atlantic University

TEN TASTY SUPER BOWL SNACKS

February 17, 2010 by [Kerri Salter](#)

Filed under [Food](#)

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Finding the Perfect Food for Any Party That Will Please All Football Fans

By **KALA ABDELL**

Staff Writer



Even if you are not a big football fan; everyone celebrates the Super Bowl. From the fellowship of friends to the delicious food, nothing beats the atmosphere of Super Bowl Sunday. Recently, the celebration of Super Bowl XLIV took place. Homes and restaurants were packed with fans, families and food.

I am going to take you through the top ten snack foods that were a huge hit for this past Super Bowl XLIV. Although many of these foods are known for being fatty, fried, and meaty, I have come to discover that there are some healthy items that fill mouths of crazed fans at this mega celebration.

10. Veggies and dip: Although you see this at many parties and home events, it is also on the top ten for your Super Bowl party. It brings a healthy side to everything fried.

9. Popcorn: You most likely think movies when you see this food but this is actually one of the fastest foods and healthiest snacks to make during the Super Bowl.

8. Peanuts and other nut mixtures: Once again, when it comes to quick cracking open a can of peanuts takes no time at all.

7. Chips and Salsa: Whether it is Momma's homemade spinach dip or a store bought spicy salsa, a Super Bowl is not a Super Bowl without a bag of Tostitos and dip.

6. Nachos: This may be a little time consuming, but nachos are a tradition. You can add anything you want to them and it makes for a tasty treat.

5. Pizza: It is a known fact pizza restaurants were super busy this year making deliveries. According to Abbey Brokop, freshman, Pizza should be a top three when it comes to Super Bowl foods, it is fast, easy and delicious.

4. Potato Skins: A food you can buy frozen or make homemade. This dish adds a little extra to your party.

3. Chips and Guacamole: This naturally fatty dip is a classic and a must.

2. Chicken wings: Many are wondering why this is not number one; and according to Sophie Gagnon, graduate student, this item is number one. But according to others the final item wins by just a hair.

1. Fried Chicken: This is a must at any Super Bowl party. "Having fried chicken is a must, and it tops off a party, especially fried chicken on the bone," said Jeremy Feingold, sophomore.

These items seem to clear of the shelves the fastest. The foods listed above will add a little something to your next Super Bowl party.

SAINTS CELEBRATE SUPER SUCCESS

February 17, 2010 by [Kerri Salter](#)

Filed under [Athletics](#)

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Breeze Boasts that Breaking Records is Owed to Believing in Themselves

By BRITTANY MARKOWSKI
Staff Writer

Drew Brees at 31-year-old led the New Orleans Saint's to its first ever Super Bowl win at the Sun life Stadium. Voted 2008's Offensive Player of the Year, Brees did nothing but justify his title by finishing the game with 29 out of 32 passes completed; breaking a super-bowl record that even Peyton Manning had to bow down too.



Above: Drew Breeze receiving the MVP Award

After triumphing all the odds, Brees said, “We just believed in ourselves, we knew we had an entire city behind us, and maybe an entire country behind us”. With the power of believing in himself and his team, Brees showed the world what he and the underdog Saint’s could accomplish.

Brees signed a 6-year contract with the Saint’s in 2006. He identified with the cities struggles that year with his own personal injuries after throwing his shoulder out in 2005. Since becoming a Saint, Brees has opened the Brees Dream Foundation whose mission is to provide care, education, and opportunity for children facing adversity in New Orleans. He also hosts and annual golf tournament benefiting New Orleans’ youth. Brees is always giving back to his new found home.

Attending college at Purdue University, Brees was the first ever recipient of the Socrates award for the nation’s finest in academic, community service and athletics. He graduated with a degree in Industrial Management and held a GPA of 3.4. Brees was also a two time Academic All-Star.

The Texas native has now fulfilled the All-American dream of having a beautiful family, an amazing career, and a legacy that will live on through the years. Going down in history as the first ever New Orleans Saint to bring home The Lombardi MVP Trophy and a Super Bowl title.

FAN PARTICIPATES IN FOOTBALL FRENZY

February 17, 2010 by [Michael Schutte](#)
Filed under [Athletics](#)

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Schutte Shares Nostalgia Over Once in a Lifetime Opportunity

By MICHAEL SCHUTTE



I had the once in a lifetime opportunity to attend Super Bowl XLIV and watch the Indianapolis Colts play against the New Orleans Saints.

Many viewers did not think the Saints would win the big game, but they surprised everyone and pulled through. Being a part of the crowd during the game was the most amazing thing that I have ever experienced in my life. I could smell and feel the air that the players smelled and felt.



The crowd was very overwhelmed and ecstatic when Peyton Manning threw the ball that was intercepted in the second half; this is when the crowd went wild and the tables turned for the New Orleans Saints. It seemed that there were more Saints fans than Colts fans, and I could feel their energy in the stands.

However, at the beginning when the Colts were battling it out and ahead, the Colts fans were over excited and the Saints fans seemed to be very quiet and nervous.

During the half time show, The Who performed and brought an excellent performance and the lights, energy and sound added to the performance. Flashes from cameras were seen from all over the stadium, and echoes and yells were heard as well. Although The Who only had about 20 minutes to deliver, they did a phenomenal job and the crowd went wild at the end of their show. Soon to come was an end to a game that will never be forgotten.

After that ball was intercepted, the Colts tried to make a comeback, but there was not enough time. I could see in the player's faces that they were giving up and the fans knew that this game was soon to be over. With a few minutes remaining, Saints fans were jumping up and down showing their pride for their team. This Super Bowl boosted up the morale for the people of New Orleans. It was a well-deserved win.

SAINTS TAKE SUPER BOWL XLIV

February 17, 2010 by [Katie Black](#)
Filed under [Athletics](#), [Featured](#)

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Students Attend and Experience Media Game Day in Miami

By KATIE BLACK
iPulse Intern



AT MEDIA DAY

Led by Professor Stefanie Powers and Stephanie Jackson, students in the Multimedia Journalism program participated in Super Bowl XLIV Media Day at Sun Life Stadium on Tuesday, Feb. 2.

During the event, students had the unique opportunity to interview notable Saints players as well as a variety of media personalities.

“Frenzy, zoo and circus are among the milder terms used to describe Media Day, when reporters, broadcasters, photographers, television crews and sundry “personalities” from around the world — most old enough to drive but some not — arrive to interview Super Bowl players and coaches,” the Associated Press states.

Because of the rain, NFL officials decided to push the festivities from the field to inside the stadium. No one really seemed to mind the change of pace. In between the interviews, brunch was provided for all media in attendance. Who’s who of media were there to interview everyone from former NFL players Deion Sanders and Warren Sapp to a reporter from Telemundo, dressed like ‘angel/saint.’

During the process, several areas had been set up for football superstars, including the Saint’s Head Coach Sean Payton, players Reggie Bush, Drew Brees, Jonathan Vilma and Will Smith. Hundreds of cameras were out and ready for the unexpected. Some other notable players in attendance included Jeff Charleston, Demario Pressley, Tory Humphrey, Jeremy Shockery, Jason Kyle and Roman Harper.

Ricky Freebery, sophomore, was one of the students who attended the big event. Freebery also played a significant role in the university attending Media Day.

“I had no contacts really. We just reached out to the NFL,” Freebery said. “After a lot of emails and a lot of phone calls, we were able to obtain Media Game Day passes.”

The whole experience is one Freebery said he will never forget. “After attending Media Day, the experience inspired me to be a journalist even more! You realize how aggressive everyone is to get the same story.”

The iPulse interviewed a handful of the Saints players asking them similar questions to get a variety of perspectives. Denario Pressley, number 90, attended North Carolina State and was the first to be interviewed by Black.

Question: Has all of this really hit you? Has reality set in that you're going to be playing in the Super Bowl?

Answer: "Not really. We got here yesterday, and right when we got off the plane there were cameras. Then we checked into this really nice hotel in Miami. It's all been very surreal. And now this...it's crazy. Very, very overwhelming though."

Devery Henderson, number 19 and a native of Louisiana, who also attended Louisiana State (LSU), was more than thrilled.

Answer: "I'm a native of Louisiana, so this is truly a blessing! This is a great group of guys! I mean I went to LSU, and I thought the national championship was unreal – this game is that much more. It's just crazy to be a part of history."

Question: Since you're a native of La., you can relate to this next question. Katrina occurred only 5-years-ago, how important is this game to the New Orleans people?"

Answer: "This means so much to the people of New Orleans; they've lost so many things- and are still to this day, struggling. I've had people come up to me and tell me how much the Saints have helped them emotionally. That is such an amazing feeling."

Also a native of Louisiana is cornerback Greg Fassitt, number 38.

Question: Did you see this coming at the beginning of the season? Please do not be modest.

Answer: "You get out what you put in. We put in a lot of time and effort. The guys really bonded in the off season. And we've also had great coaching."

Question: What are you going to do personally to celebrate or do you choose to keep that personal?

Answer: "I mean, I'm just really trying to focus on the game. Not trying to "put the horse out before the cart. We're really just trying to focus on the game, win and then celebrate."

Tackler Roman Harper, number 41, attended Alabama University. This season is his fourth with the New Orleans Saints.

Question: Did you see this coming at the beginning of the season? Please do not be modest.

Answer: "Sort of. We knew something special was going to happen before the season started. We all have a unique connection- and we were determined to win."

Jabari Greer, number 32 from Tennessee, was heard from the microphone talking about the perception of the NFL. "It seems crazy and not focused. But we really are focused on game day. It's not as crazy as you think. Game day for high school or college is not as structured or serious."

Linebacker Jonathan Vilma, number 51 from Miami, was heard saying, "At the end of the day it doesn't matter because we're going to the Super Bowl."

Question: Katrina was only 5 years ago...does that make you want to go out and win it that much more? Win it for the city and its people?

Answer: "They really give us a lot of pride, the fans. We just want to win it for the city because they have embraced us so much."

The students that participated in Media Day were more than thankful for the great opportunity they experienced together. "I am blessed to go to a university where there are such avenues of opportunities," Freebery said. "I have professors who allowed me to take time out of my schooling, so I can report on a once in a lifetime event."